

ENVIRONMENTAL WORKING GROUP'S 2011 SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE™

*Formatted, Printed, and Distributed by the
Environmental Task Force of Unitarian Universalists for Social Justice
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DIRTY DOZEN™ *Recommendation: Buy these organic*

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines - imported
7. Grapes - imported
8. Sweet bell peppers
9. Potatoes
10. Blueberries – domestic
11. Lettuce
12. Kale/collard greens

CLEAN 15™

Lowest in Pesticides

1. Onions
2. Sweet Corn
3. Pineapple
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe – domestic
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet Potato
14. Grapefruit
15. Mushrooms

Eat your fruits and vegetables!

The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Use this guide to reduce your exposure as much as possible, but eating conventionally-grown produce is far better than not eating fruits and vegetables at all. This guide will help you determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic.

Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

What's the Difference?

EWG research has found that people who eat five fruits and vegetables a day from the Dirty Dozen™ list consume an average of 10 pesticides a day. Those who eat from the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

Will Washing and Peeling Help?

The data used to create these lists is based on produce tested as it is typically eaten (meaning washed, rinsed or peeled, depending on the type of produce). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.

The Power of Information:

EWG (Environmental Working Group) Headquarters: 1436 U St. NW, Suite 100, Washington DC 20009, 202-667-6982, www.ewg.org/foodnews/